



VOLUNTEER VOICE

THIRD
EDITION

2021

The following are excerpts from AmeriCorps on volunteerism and what drives an individual to want to volunteer in their community.

What's at my core? What drives me? What matters?

Those are questions so many people asked themselves this past year. What really matters when the whole world is turned upside down is what's at *your core*.

At its core, AmeriCorps, the federal agency for national service and community volunteerism, brings all people, young, and old, from every state and territory - together to serve their communities.

Over the last year, AmeriCorps members have provided vital support, community response and recovery efforts in response to the pandemic.

Your community needs you, too. If you are waiting for someone to ask, we're asking. Please call RSVP of Dutchess County to help us move forward together.

Join AmeriCorps Seniors and use your core values to make a lasting difference.



Whenever you are ready to answer the call to serve, AmeriCorps Seniors RSVP is ready for you. Let us know What's At Your Core.

Enjoy your summer and continue to stay safe and well.



**AmeriCorps
Seniors**

#WhatsAtYourCore

Equity. Compassion. Hope.

Those characteristics, and countless others, drive many of our AmeriCorps Seniors members to serve.



**AmeriCorps
Seniors**

A PROGRAM OF COMMUNITY
ACTION PARTNERSHIP FOR
DUTCHESS COUNTY



MAPLEWOOD SENIOR CITIZEN APARTMENTS

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Applications for studio and one bedroom apartments. Apartments designed for elderly and handicapped/disabled persons. Rent is based on income and utilities included.

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DC OFFICE FOR THE AGING FRIENDSHIP CENTERS REOPENING!

As of June 16th, six of the eight OFA Senior Friendship Centers have reopened: Beacon, East Fishkill, Millerton, Pawling, Red Hook and South Amenia. The City of Poughkeepsie and Tri-Town friendship centers are expected to reopen shortly.

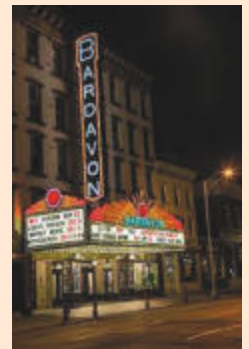
Monday through Thursday, Dutchess County Office for the Aging operates eight Senior Friendship Centers throughout the county where seniors can receive a tasty, nutritious meal, as well as enjoy social activities and fellowship. Transportation is available in most cases.

The following sites are also open on Fridays: City of Beacon, Town of East Fishkill, City of Poughkeepsie and Town of Red Hook.

BARDAVON 1869 OPERA HOUSE

After 14 months of closure, music will once again fill the Bardavon Theater and the Ulster Performing Arts Center (UPAC).

The Bardavon, in Poughkeepsie, and UPAC in Kingston will be reopening for shows beginning in August. Four new events will join a list of postponed 2020 performances which included Brit Floyd, Frankie Valli & the Four Seasons, the Mavericks, Celtic Woman and Stomp.



HUDSON VALLEY HOSPICE

Volunteers play an important role in the care provided by Hudson Valley Hospice. They are specifically trained to provide comfort, support and companionship to patients and their families for a few hours each week.

These volunteers receive an in depth background pertaining to hospice care and the special needs of people with advanced illnesses. Hospice will be holding their **Patient Care Volunteer Training** at their Dutchess County location at 374 Violet Avenue, Poughkeepsie on the following dates:

Wednesday, October 13th

Friday, October 15th

Wednesday, October 20th

Friday, October 22nd

Wednesday, October 27th

Friday, October 29th

All training is from 1:00pm - 4:00pm



A sampling of the volunteer roles include: visiting patients or taking them to medical appointments, taking them out for a drive, picking up prescriptions or going grocery shopping. For more information contact Peggy Kuras, Hudson Valley Hospice, at (845) 240-7524.

WHY JOIN THE RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)?

Your volunteer hours are counted along with all the other RSVP volunteers and the total impact of these hours are provided to AmeriCorps, a US governmental agency which records volunteer activity for the entire country. When officials talk about levels of community needs, they are using our numbers!

There is no extra work on your part! Start (or continue) your volunteer activity in one of our Stations and RSVP does the rest! RSVP provides free supplemental fire, accident, and liability insurance while on volunteer assignment. Make your hours count; join RSVP today!



Janet & Phyllis delivering meals in Beacon

The following Stations are looking for volunteers:

United Methodist Church of Hyde Park ~ is looking for a volunteer to assist with their social media. The basics include daily overview of all their social media sites, ensuring accurate information on website & social media, develop and maintain a presence on Facebook, Twitter, YouTube, etc. This volunteer position can be done from your own home.

Home Delivered Meals Programs ~ perhaps you have 2 hours to spare during the weekday and if so, many of our home delivered meal programs are in need of volunteers. If you think about it, you are delivering more than just a meal to a home-bound client. You're delivering a safety check, bringing a smile along with their meal and allowing them to remain independent in their own home.

Vassar Brothers Medical Center ~ has openings in Concierge Guest Services, Concierge Operating Waiting Room, Out Patient Registration and the Friendly Visitor Program.

RSVP of Dutchess County is a member of the Mid-Hudson Consortium consisting of AmeriCorps Senior Programs across the Mid-Hudson region. We meet quarterly and discuss various topics ranging from updates to AmeriCorps programming, reports and best practices, and any concerns we may have relating to our program. Recently we got together in Greene County where we spent a beautiful day in a park by the Hudson River. We discussed new policies and procedures, Covid updates and our upcoming 2021 AmeriCorps Seniors Virtual Convening - Innovation for Impact. Pictured from left to right: Jim, from the Capital Region RSVP, myself, Ruth who hosted the meeting and represents Greene County RSVP and Jay, from Ulster County RSVP.



AMERICAN RED CROSS IS IN NEED OF BLOOD DONATIONS

BLOOD ALERT! Patients need the help of the American people to roll up a sleeve & give blood or platelets amid a severe blood shortage. With high hospital demand & less donor availability as donors return to pre-pandemic activities, we need your help! Go to rcblood.org/appt to find the latest blood drive in our region.

WELCOME TO OUR NEW AMERICORPS SENIORS RSVP VOLUNTEERS!

Doug Abramson	Hudson Valley Hospice, AARP TAX AIDE (Cash Coalition)
Jack Castelli	ReStore, Habitat for Humanity of Dutchess County
Terry Drino	Alzheimer's Association HV Chapter, Friends of Seniors
Mary Fields	ReStore, Habit for Humanity of Dutchess County
Diane Moroff	DC Office for the Aging Red Hook Friendship Center
Maureen Mullaney	Beacon Meal Delivery Program
Kevin Snyder	DC Office for the Aging Red Hook Friendship Center
Karen Wood	American Red Cross, Hudson Valley

Thank you for joining the ranks of more than 270,000 AmeriCorps members and AmeriCorps Seniors volunteers across the country.

(845) 452-5104 x 101 rsvp@dutchesscap.org Like us on Facebook

AARP FOUNDATION TAX-AIDE PROGRAM

We are delighted to share the news that **Barbara Kaiser**, District Coordinator, was recently awarded the AARP Foundation's Tax-Aide Fellow Award. This esteemed honor is presented to Tax-Aide volunteers in recognition of long and distinguished service. Barbara has been volunteering over 15 years for Tax-Aide, starting as a tax counselor in Pleasant Valley in 2006. In the same year, Barbara supported the efforts of tax preparation services in 5 tax sites in the role of local coordinator. In 2008, Barbara became the District Coordinator for Dutchess and Putnam Counties, managing over 100 Tax-Aide volunteers and the operations of more than 20 tax preparation sites.

Barbara's dedication to her clients is unmatched. During this past tax preparation season, Barbara worked tirelessly from her home to help many neighbors in need. Throughout the years she has developed enduring friendships with fellow volunteers and has assisted generations of clients providing each with peace of mind during tax season.



Barbara has been a member of RSVP since 2015 and we congratulate Barbara on her award. Since becoming a member of RSVP, Barbara has 5173 service hours reported. When we calculate the value wage of those hours by the Independent Sector's rate of **\$28.54**, it comes to **\$147,637.42**. That is **amazing!**

Calculating the value of a volunteer's time is one way for us to show the contributions that individuals have made in their community. The estimate acknowledges the millions of individuals who dedicate their time, talents and energy to making a difference. However, it is so much more than that. It is *what's at their core, what drives them, what matters to them*. Barbara has shown that, by training volunteers, they can then offer free tax filing services to those who need it the most, and thereby they are helping their community. Thank you, Barbara for your years of dedication to the AARP Tax-Aide Program.

ENJOY A STAYCATION WITH THE GRANDKIDS

Intergenerational bonds are the backbone of strong families. Research shows both generations benefit from time spent together. The benefits are immediate and long-lasting. We have a few ideas that will help you get started.

1. Don't overschedule your days

Don't feel like you must plan every minute of every day. Remember, the grandkids are on summer vacation. They will likely appreciate some time just to hang out and enjoy themselves. You'll probably find spending downtime by the pool or playing video games together promotes conversation and bonding, too.

2. Involve the grandkids in planning

Planning your summer staycation together is another way to bond with the younger generation. You'll learn what the kids like doing so you can find places of interest to them.

3. Create a list of options

Create a list of indoor activities for rainy days and outdoor activities for sunny days. Your local craft store will likely be a treasure trove of ideas and ready-to-make projects.

TIPS FOR FARMER'S MARKET

Your local farmers' market is not only a great place to purchase fruits and vegetables that are grown nearby, it's a good opportunity to score other freshly baked and produced goods, from pastries and jams to handmade jewelry and home-grown flowers. A farmers' market is also a fun way to spend a few hours on a summer day.

1. **Bring your own bag.** A sturdy bag is essential to stash your goodies in.
2. **Wear comfortable shoes** as you could do a lot of walking.
3. **Bring cash,** it is preferred.
4. **Talk with the growers** from learning how things are grown to getting suggestions for how to prepare produce.
5. **Shop early if you can** for the largest variety of fruits, vegetables and other goodies.
6. **Get to know the market,** regular vendors typically set up in the same spot.
7. **Adhere to market etiquette,** as there are a few farmers' markets who encourage haggling while others discourage it.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6						3	2	
	4		2			6	8	5
	3	2			5	9		
7			5		3		4	
8		5		9				7
4	6			2		5		
				8				
			3					
		6	9					

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RSVP of Dutchess County wants to know...*What's At Your Core?*

Please send RSVP a note telling us in a few sentences why you volunteer. This is *your* opportunity to let us know what drives you to volunteerism. It could be you care about homebound clients receiving a hot, nutritious meal and seeing them smile when they open their door ~ it could be knowing that a senior gets to their medical appointments because you drove them ~ it could be you assisted veterans at Castle Point VA with COVID vaccines. The reasons for your passion to serve others and make real, meaningful change in your neighborhood are endless.

Send a blurb telling us *What's At Your Core* to rsvp@dutchesscap.org

What's At Your Core?

